

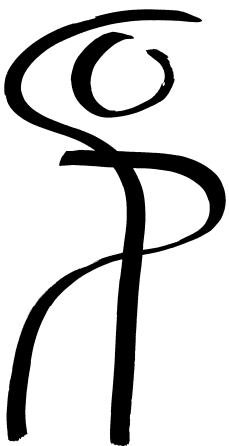


# RDTC Founder's Newsletter

Winter 2010 No 3

## Special points of interest:

- Dates for 2010
- The Heart of Change
- School News
- RDTC Soul Moves Weekend 19th - 21st March 2010
- New Deepening 26th - 29th March 2010



## The Heart of Change

What is it that I want to say to you?

Is there anything I have to say that will make a difference?

Does anyone listen?

If you listen, do you understand?

If you understand will you check to see if it applies to you?

If it does, will you have the courage to do something different, something new?

In times of change we are being asked to do something different and yet in times of change there is a real tendency to hold on to what is past. To keep the old order. And yet, if we are to take seriously what is there in front of our eyes, we are living in a time of change and thus we have this dilemma: do we hold on or do we let go?

Witness the climate conference in Copenhagen - time for change, time for something different, but through fear the old order would not let go.

Witness politics and how we are disenchanted with it. And yet those who are in politics continue to believe that if they do the same old thing - in a new way - we will not notice.

Can we save our economy, which crashed because of a credit crisis, by applying more credit?

In our communities, social laws and accepted codes of behaviour are no longer guaranteed and it is through fear of the unknown that we walk away, turn our heads or do not confront.

On and on.

If you look around you all is in change and flux. And yet is this not a natural law? Does not everything change? Change is a part of life.

When a baby is born, when it feels the pressure of the womb pushing, does it say, "Ah yes, Life!" or does it feel the end of its world is coming?

As we age, as the flush of youth obviously fades, do we move with it and evolve or do we hang on? As the children fly the nest, or we no longer have a job through retirement, where is our place? When we have worked all our lives for a pension that just disappears to dust, what then?

If we can be with it, if we can let go, something new emerges. We can become someone who is old trying to be young or we can become an elder, at least in ourselves if not in our outer community.

As each stage of life comes to its fullness, there is a change. If we deny this change we go against the current. And yet I hear you say, does that mean we just abandon ourselves and give up on core beliefs? Where is the

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*If this moment of meeting is unconscious, there will be no dialogue, no communication. Just the old routine or an imposition, a new law to follow which discards all in its path.*



boundary between giving up and letting go?

What is the essential dialogue between the old and the new?

Whether you are a Tai Chi student or a Soul Moves student, is not this conversation the heart of the matter?

When we come to the moment when we know we need to touch an energy of a Principle instead of reactivity, is this not where old and new meet?

If this moment of meeting is unconscious there will be no dialogue, no communication. Just the old routine or an imposition, a new law to follow which discards everything in its path.

So in a time of change how can I live it? Listen. Listen for what is true rather than what is habit. Take a breath. Take a deep breath and let go and then listen. What is true here?

This is not easy. There is no easy answer to times of change. Times of change by their nature are uncertain, but what can ground them is our integrity. Is our listening. Is the depth of our hearts' knowing.

In terms of your Tai Chi movement, it means not following a form but really feeling each new move. In terms of meeting change within ourselves, it means taking a moment to be present and feel what is true.

To do this takes real heart. It asks of us to embrace the truth of change, that change is inevitable. In this case, all that is important is this: can we bring the truth of ourselves from the old to the new? I believe this is the best way to bring the truth of the past life and let it meet the truth of the new life. One does not destroy the other, but builds on it, becomes a partner.

Of course what we would all like is to have the new just like the old, a new version of the old. But real change, the kind of change I believe we are in, requires something else, something new.

What to do?

In order for this kind of change to happen space is required. How to do this? Let go. Soften. Relax.

In order for change to happen we need to be part of this change. How do we do that? We become present.

In order for change to happen for the best, it requires us to open our hearts. To be present to the quality that is the heart of us.

Some of you are students of Tai Chi and for Tai Chi to work on you, to move you, to transform you, it requires you to do it differently. This takes heart. Allow this and Tai Chi itself will teach you.

Some of you are Soul Moves students and as such are not so interested in a "practice" but more a way of Being. For Being to replace habit, for presence to replace history and respect to replace blame, real heart is required.

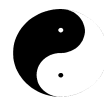
So in this year of the Tiger, the Tai Chi saying - Embrace Tiger, Return to Mountain says it all. To embrace means to open your heart and in so doing you return to the source, the mountain. From this source, all things flow. Thus change from here is sacred change, part of the pattern, as are all of us.

So Embrace Tiger, Return to Mountain and be the change.

Richard Farmer



## RDTC News



### CONGRATULATIONS!

Between the last newsletter and this one 72 students of RDTC graduated from the New Deepening - 46 here in the UK and 26 in the European Deepening. The experience of the new Deepening series was truly transformational and each participant took the Four Principles of RDTC and applied them in their own way to their lives. As such they deepened the note they sound to life. Well done all!

### THE NEW DEEPENING 2010

This brings us neatly to the New Deepening. We put out the invitation in September and thus far 22 of the 24 places are taken. That leaves 2 places available. Have you been thinking about it? Has it twinkled at you but you have not made up your mind? Well now is the time to say Yes! The Deepening is the perfect companion for this time of change - a period of time to bring the truth of your Being into your life and evolve the practice that supports you to the next level. Get in touch if you are interested. Now is the time! It

begins 26th March 2010.

### THE NEXT STEP SERIES

For those who finished the Deepening, as promised, we offered the next stage of development within RDTC. We called it the Next Step! Interest from the two Deepening groups has been keen resulting in not one but two Next Step Series! Amazing, and a real testament to the Deepeners' commitment and to the work that interests them.

The European group too are in the process of considering their Next Step which will allow this wave of enthusiasm to spread further afield.

### WE SAY GOODBYE

Like the lead article in this newsletter says, we are in a time of change. As I have been writing about in the last few newsletters, this School is in a phase of restructuring and change. Some of these changes are expected and others come out of the blue. Change is unpredictable. Sadly one of these changes is the unexpected and sad departure of Alec Jones, formerly RDTC Birmingham.



*Well now is the time to say Yes! The Deepening is the perfect companion for this time of change*



Alec Jones



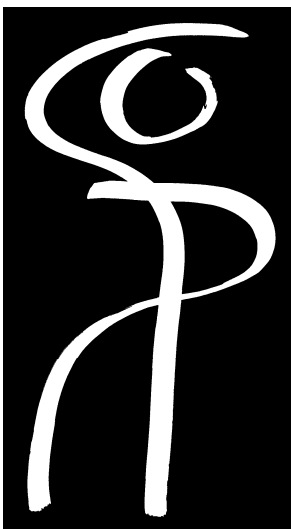
*if this is the right  
move for him  
then it will be the  
right move for  
the School too.*

Alec has been with RDTc for 28 years and he will be sorely missed. Through our dialogue around his decision, what has been clear for both of us is that if this is the right move for him then it will be the right move for the School too. He feels it is important for him to explore his own School and way of doing things. He is calling it "Dragon Spring" and we all wish him well.

After such a long association as student, colleague and fellow RDTc teacher, the bonds of friendship will stay and we will continue to be in touch, to support each other in the ways of the Tao. Good luck to you, friend.

## RDTc FACILITATORS' TRAINING

Yet as one door closes another opens. As part of the new RDTc, and to further the accessibility of the Four Principles, we offered to those who joined the Next Step, an opportunity to train in sharing the Principles with others. In addition we offered this opportunity to advanced students of the School who had participated in past Deepenings. As a result of this we now have 24 people ready to become RDTc Facilitators! Again an amazing take-up and one that bodes well for the future of RDTc in this new wave of development.



If you want to be a part of this new wave in the future, then the Deepening is your starting point.

## SOUL MOVES 2010

If you want to do the Deepening or you would like a friend, colleague, or partner to be part of RDTc, there is no need for them to do Tai Chi, they just need to touch base with me through a residential seminar such as the up-and-coming Soul Moves retreat in March of this year.

Soul Moves provides an opportunity to be introduced to the RDTc Principles and to the wonders of movement through some gentle Chi Kung and simple meditation. A haven of rest, nourishment, support and deep inspiration.

You might consider it yourself as a spring retreat! Why not?

**19th - 21st March 2010 -  
see details later**

## VISITING RDTc

As a result of the Teachers Weekend in November I am planning on visiting, at least once a year, each RDTc Centre for one evening. You get to see me, we get to explore some Tai Chi together and you can ask questions. A wonderful nourishing and inspiring evening for us all. I look forward to seeing you.

## NEW RDTTC WEBSITE

As part of the development of RDTTC and to bring our website in line with the current movements in the School. I am in the process of creating a new website along with some friends of RDTTC.

This new website will bring together under one site all the different strands of RDTTC and will make available, through a members' area, all sorts of goodies in the way of meditations, talks and perhaps previewing new movements and exercises as they are discovered. I am thinking of making myself available on line at specific times to answer any question put to me by members. In addition there will be forums for the various trainings and centres of RDTTC. An exciting project!

## NEW DVDS

For some time I have wanted to add to the variety of DVDs we offer to include some of the sequences which I use on Soul Moves weekends and on the Deepening. Initially there will be a DVD of some deep but gentle stretches, one on self massage and one on a very powerful sequence of Chi Kung that we know of as the Vancouver Set.

Once these are completed I will be filming all of the exercises and movements which I know, so that I

can create a series of DVDs for you to help you explore, for instance, softness, spirit, chi, connection and well being.

I look forward to sharing them with you!

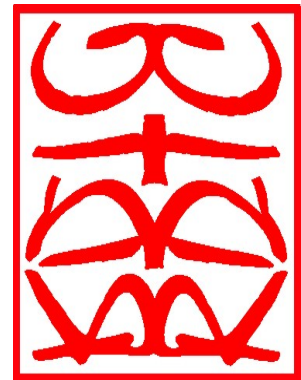
## HONORARY TCUGB PRESIDENT

Towards the beginning of the summer I was approached by the Tai Chi Union of Great Britain - the association of professional Tai Chi teachers in the UK. They asked if I would accept an honorary role in recognition of service to Tai Chi. I respectfully accepted and am now the Honorary President of the Union. I was touched to be honoured by my peers.

## CAN YOU HELP US?

There are a number of exciting projects on the go at the moment. One of them concerns the use of Tai Chi Movement, for those who are physically challenged in some way. This includes

- those who are suffering from health issues like diabetes, Parkinson's disease, Multiple Sclerosis, Arthritis, Cancer etc.
- those who have suffered a stroke or brain injury of some sort.
- Or those, who like me are just getting older, with resultant



**Richard Farmer**





balance problems and increased physical vulnerability.

### We want to hear from you!

If you have been practising or using Tai Chi Chuan or Chi Kung whilst you have suffered from these or other illnesses, we would like to hear how Tai Chi has helped you. Whether this is physically or mentally, it doesn't matter. If Tai Chi has helped you, we want to hear from you.



This survey is part of an investigation into the effectiveness of Tai Chi and Chi Kung that I am currently engaged in. It is also part of a programme of Tai Chi movement I am putting together (potentially for the NHS) to augment physiotherapy and to aid patients' recovery from operations, as well as to help the elderly. This last group is particularly important as there is a tsunami of baby boomers getting older and the current NHS system cannot cope and needs something else - Tai Chi Movement!

If you know of someone or you feel you might fit into one of these categories, please do get in touch as soon as possible and we can take it from there in strict confidence of course - anonymity is assured. Thank you.



- 01989 740 590
- richard@risingdragon.co.uk

### Excerpt from a friend's New Year letter

We are very grateful for our lives and at the same time aware that we live in a dark time and find ourselves grieving for the depth of suffering in the world.

Many of us have sought to help resolve some of the immense difficulties confronting us, to learn the truth of each situation and to grow in understanding. Yet the kind of solutions our cultures have to offer are often blunt instruments - we need to refine our means of resolving these dilemmas.

Groups of all kinds around the world are participating at a level of sensibility that is complementary to problem-solving and does not seek to make one side right and the other wrong. They are recognising that we are all deeply connected and that real solutions require more than one point of view. They are daring to take the position that they do not know the answer. Instead, they choose to embrace opposing views, give focused attention to the silence and trust something entirely new will emerge.

So, in any group in which you have more than a casual membership, you might want to just try setting aside conversation for a short time, postpone closure in your own minds and listen in the silence for the New. As nature has always shown us, it is out of darkness that light is born again. Anne Hillman

# Revive & Renew

A weekend of nourishment, inspiration, community and much needed space and tranquillity for complex and turbulent times.

Soul Moves 19th to 21st March 2010



with Richard & Marigold Farmer

An RDTc Soul Moves Retreat will offer you rest, nourishment, support and inspiration. It introduces you to ways that re-connect you with your own vitality, aliveness, and inner peace. In unpredictable times it is vital to give ourselves space to relax and let go - to find the inner sanctuary which lies at the centre of each one of us, just behind the tension. We will do this through gentle Tai Chi exercises which explore the principle of stillness in motion. Through Meditation - the art of being present. Through the opportunity to reflect on how we live our lives, and explore ways we might apply what we have understood during the retreat. By meeting people of like mind in the wonderfully peaceful setting of Poulstone Court. By deeply relaxing and offering our presence to each other. We invite you to join us and give yourself this gift.

Times: 6.30pm Friday (arrive from 5pm) to 4pm Sunday  
Place: Poulstone Court, *easy access M4, M5, M50, A40, or train.*  
See at: [www.poulstone.com](http://www.poulstone.com)

Cost: Accommodation: £131.60  
Tuition fee: £95.00 (Reduced fee: £65.00)

*(There is a limited number of minimum fee places. Please request on booking form)*

Single rooms available to full fee only at an extra cost of £45.00 *(space permitting - please request on booking form)*

Food: Vegetarian and gorgeous!

*Please tick - book me a full... reduced... or minimum fee place... on the Soul Moves October weekend course. I enclose a deposit of £50 payable to RDTc to secure my place.*

Name:

Address:

Post Code:

Phone:

Email:

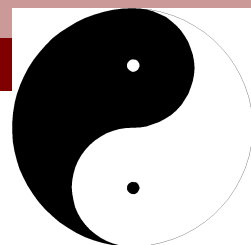
Please tick Single Room request: *(extra £45.00)*

Send booking to : Soul Moves, PO Box 149, Hereford HR1 9EU

For more info. contact Richard or Marigold on: Tel: 01989 740 590  
email: [richard@risingdragon.co.uk](mailto:richard@risingdragon.co.uk) [www.soulmoves.co.uk](http://www.soulmoves.co.uk)

## Some important dates

Most, if not every participant who comes to one of these courses, walks away with something that adds to their understanding of the meaning of their life. This is because of the richness that RDTC members bring and because of where you listen from. Please look at the options open to you and if you want to come, book your place straight away, as space is usually limited. We look forward to seeing you!



*Embodied Learning*

## Open Courses



**RDTC Scotland (Ardfern)** contact Susanne at 01852 500361 or email [susannemccardel@hotmail.co.uk](mailto:susannemccardel@hotmail.co.uk)

- 6th February 2010: Open RDTC Soul Moves day
- 7th February 2010: RDTC Tai Chi Chuan day

**RDTC Scotland (Glasgow)** - contact Shona on 0141 554 8121 or email [shona@shonabarr.com](mailto:shona@shonabarr.com)

- 8th February 2010: Evening in Glasgow

**RDTCSM Revive & Renew** - contact Richard on 01989 740 590 or email [richard@risingdragon.co.uk](mailto:richard@risingdragon.co.uk)

- 19th - 21st March 2010: RDTC Soul Moves retreat at Poulstone Court, South Herefordshire

## Residential Courses



**Deeper Series** 2009/2010 Poulstone Court

- Meet 3 29th January - 1st February 2010
- Meet 4 9th - 12th July 2010

**New Deepening Series** 2010/2011 Poulstone Court

- Meet 1 26th - 29th March 2010
- Meet 2 3rd - 6th September 2010
- Meet 3 4th - 7th March 2011
- Meet 4 9th - 12th September 2011

**Next Step Series** Group 1

- Meet 1 4th - 7th June 2010
- Meet 2 3rd - 6th December 2010
- Meet 3 20th - 23rd May 2011
- Meet 4 25th - 28th November 2011

**Next Step Series** Group 2

- Meet 1 11th - 14th June 2010
- Meet 2 10th - 13th December 2010
- Meet 3 10th - 13th June 2011
- Meet 4 2nd - 5th December

**RDTC Facilitators Training**

- Meet 1 19th - 20th June 2010
- Meet 2 16th - 17th October 2010
- Meet 3 8th - 9th January 2011
- Meet 4 2nd - 3rd April 2011

- Meet 5 25th - 26th June 2011
- Meet 6 15th - 16th October 2011
- Meet 7 7th - 8th January 2012
- Meet 8 14th - 15th April 2012

**Deeper Circle 2010**

- 24th - 28th June 2010



RDTC's webpage is at: [www.risingdragontaichi.com](http://www.risingdragontaichi.com)

